

Sunburst

Vol. 48 No. 27

Serving the Holloman Air Force Base, N.M. community

Friday, July 8, 2005



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Check out the latest softball scores and standings.

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Photo by Tech. Sgt. Ray Bowden

Seat belts save lives

This vehicle, damaged in a crash, is parked in the Base Exchange parking lot to illustrate the importance of using a seat belt, especially during the 101+ Critical Days of Summer. For more information about safe driving practices, see page 4.

FSC helps Holloman rest easier

by 2nd Lt. Melissa J. Stevens
49th Fighter Wing Public Affairs

The Family Support Center offers a program that helps family members sleep a little easier when one of them is deployed.

As part of their readiness program, the FSC offers Pictures on Pillowcases to servicemembers who are deploying, going on a remote tour or on an extended TDY for 30 or more days. With the help from members of the Alamogordo community, including

key players such as Mr. Jesse Casto, J.C. Penney manager, and Mrs. Toots Green, a member of the Alamogordo Committee of Fifty, the FSC was able to add more than 500 pillowcases to their inventory and keep the program running strong.

"The community support for this program has been wonderful," said Ms. Jennifer Holdridge, FSC Social Services assistant.

The transfers are free and the FSC can either take photos of the deploying member and his family, or scan in

photos brought in by the family. Families can also add a short message to each transfer. Once the FSC staff has the picture and the message, it is pressed onto a pillowcase. When the transfer is complete, the family members and the deploying member have something to rest their heads on every night to remind them of each other.

Single servicemembers can also use the program. They can use photos of their families or they can send a pil-

See FSC on page 4



The difference between 'Good and Great?'

Professionalism, integrity, humility empower Airmen to serve

by Lt. Col. Jeff Smith
47th Operations Support
Squadron commander

Why does the Air Force continually attempt to mentor, develop and shape us as Airmen?

It's not because the Air Force needs good men and good women; rather, it's because the Air Force needs great men and great women. We need individuals willing to take the personal tools that we've been given and diligently forge them into skills of greatness. Not greatness for ourselves, but greatness for service...service to humanity.

As I reflect on the great men and women that I have been honored to serve with, I have noticed three distinctive character-

istics that make the difference between good and great: Professionalism, Integrity and Humility.

Professionalism is ensuring that the job we are given is done right. When we complete a task, we must be willing to sign our name to it and consider it a personal beacon, a reflection of who we are and what we bring to the fight. Our deeds define our reputation and our reputation defines our lives.

Our professionalism is measured every day by the passion in which we seek lasting solutions and by the spirit of excellence that we demand of ourselves and of those around us.

Do not be fooled. When the uniform comes off and the duty day is over, professionalism does not get hung in the closet. Our professionalism is not defined by the

clock on the wall; rather, it is defined by who we are every moment of every day. Whether in blues in parade, BDUs in battle, or jeans at a club downtown, we must all reflect a beacon of professionalism that cannot be extinguished.

If professionalism is doing the job right, then integrity is doing the right job. While professionalism is a beacon of our lives, integrity is the banner of our heart. A man or woman who cannot be trusted will never reach the level of greatness that our military calling requires.

My father taught me that it takes a long time to build trust and only a moment to lose it. Our lives, what we say, what we sign and what we claim to believe cannot be laden with folly. In our profession, there is simply too much at stake. Instead, we

must build a banner of integrity that is beyond reproach, beyond question.

Finally, it is the virtue of humility that will lead our lives to greatness. We are taught to "do nothing out of vain conceit or selfish ambition, but in humility consider others greater than ourselves."

A man without humility risks intoxication by his own perceived power. True greatness, the kind of greatness needed throughout our military service, will only be found in those rare individuals that seek wise council, admit when they are wrong, and allow others to take the credit for success.

Professionalism, Integrity, Humility: characteristics that empower our ability to serve. Our individual challenge is to continually develop and improve all three. They simply make the difference between good and great.

Holloman Hotline

572-7500

The Hotline is your direct link to the 49th Fighter Wing commander.

If you've tried to solve the problem yourself and haven't been able to get results, call 572-7500 or e-mail cc.hotline@holloman.af.mil. Before submitting a Hotline, please give the appropriate agencies a chance to work out the problem.

Housing office2-3981
Housing maintenance2-7901
Medical clinic2-5991
Finance2-5107
Services2-3528
Commissary2-5127
Fraud, waste and abuse2-3713
BX479-6164



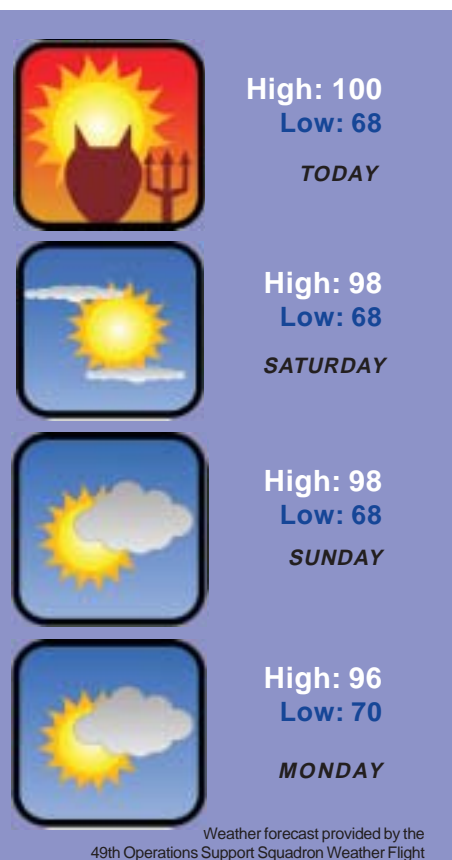
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DUI Update

Days since last DUI **42**
DUIs this year **16**
This week last year **21**

Last six DUIs

• 49 CS	Feb. 14
• 49 CES	Feb. 22
• GAF	March 7
• 49 CES	April 17
• 49 OSS	May 6
• 49 MMSS	May 27

572-RIDE works!

Calls made are lives saved

696 Saves this year
23 Saves this week

Don't doze and drive

Everyone is susceptible to fatigue

by **Danielle Toste**
Sunburst staff writer

With summer in full swing, many Team Holloman members take the opportunity to go on vacation or go home. For most though, the drive can be a long commute and can become quite dangerous if the driver is not fully rested.

"Pretty much everybody is susceptible [to fatigue]," said Maj. David Welge, 49th Aerospace Physiology commander, "especially with today's society working long hours and sleep becomes secondary."

According to the American Automobile Association, drowsiness is listed as number two in the top 10 driver errors, with distraction at number one and drinking and driving following at number three.

"Studies have actually shown," Major Welge said, "that at the 17-hour point, your performance is as poor as someone who has a blood alcohol level of .05."

Sleep deprivation affects concentration, memory and judgment, and delays reaction time which could cause a fatal accident.

"People can simply fall

"Studies have actually shown that at the 17-hour point, your performance is as poor as someone who has a blood alcohol level of .05."

Maj. David Welge
49th Aerospace Physiology commander

asleep at the wheel," said Major Welge. "It's called micro sleep, where you start to fade a little bit and when you wake back up you are 40 feet down the road and can't remember how you got there."

The U.S. National Highway Traffic Safety Administration estimates that 100,000 crashes each year are due to fatigue, causing 1,500 fatalities and 71,000 injuries.

Numerous people try "tricks" to stay awake such as rolling down the window and blasting the radio, which do not work, according to the administration.

"If you have a long drive, do it at the beginning of the day," Major Welge said. "If you feel tired, pull over and take a 20-

minute nap. Realistically, when your body needs sleep that badly, the only thing that will help is sleep."

On the side

Before drivers harm themselves or others, they should be aware of fatigue warning signs such as:

- Difficulty focusing, keeping eyes open, keeping head up
- Drifting from lane, tailgating or missing signs
- Failure to remember the last few miles driven
- Wandering or disconnected thoughts

There are many ways to prevent fatigue from even occurring such as:

- Get plenty of rest before driving (seven to eight hours)
- Keep vehicle well ventilated
- Eat lightly and avoid heavy, fatty foods
- Stop often (about every two hours) and walk around

FSC *Continued from page 1*

lowcase of themselves to their family while they are away.

"This program is a way to help families feel connected to each other during the difficult time when they are separated because of deployments or long TDYs," Ms. Holdridge said. "The pillowcase is the last thing they see when they go to sleep at night, and it's the first thing they see when they wake up in the morning."

Another program the FSC offers to help ease the transition of a deploying family member for kids is the Ready Teddy program.

"With this program we want to engage and talk to the kids about the deployment," said Master Sgt. Karen Ansell, FSC superintendent.

"It helps open a door for the kids. It's used as a tool to help explain why parents need to do this and how kids can help."

The package includes a teddy bear, coloring books, a Frisbee, stickers and a writing pack.

"It's great seeing the kids with those packages," said Sergeant Ansell. "It's our way of trying to help the kids and the families as best we can because we know how hard it is during a deployment."

Some of the other programs the FSC uses as part of their readiness program are:

- **Morale calls:** This program allows family members to talk to deployed servicemembers from home through base operators.

- **Families Apart Dinners:** Sponsored by the units, this program gives families a break from cooking and gives kids a chance to have some fun. It is also a good opportunity for people to meet other people who are in the same situation.

- **Give Parents a Break:** This program allows for eligible parents to take a break from the kids and relax.

- **Car Care Because We Care:** This program offers help with car care when a family member is deployed. It provides for a free oil change and a 15-point inspection.

For more information on these or any other FSC programs, call the FSC at 572-7754.

BRIEFS

Enrichment program

The Part-Day Enrichment program begins Sept. 6. Stop by building 782 to pick up a registration packet or register from 8 a.m. to 1 p.m., Aug. 15 to 19. The five-day enrichment program is 8:30 to 11:30 a.m., Monday to Friday and slots are limited.

For more information, call 572-5286.

Induction ceremony

The 49th Fighter Wing Top III Association will host the annual Senior NCO Professional Enhancement Course and Senior NCO Induction Ceremony from July 19 to 22.

All newly selected master sergeants are required to attend this Enlisted Professional Development Course. The course is designed to indoctrinate master sergeant selects and will present instruction on enlisted heritage, discipline, career progression, team building and motivation among other areas.

The course will be held at the Community Activity Center and will culminate with a Senior NCO Induction Ceremony, the evening of July 22 at the Oasis Enlisted Club.

The cost to attend the induction ceremony is \$20 for non-club members and \$18 for club mem-

bers. To R.S.V.P. for the induction ceremony, contact your unit first sergeant by July 15.

For more information, call Master Sgt. Laura Santos at 572-5512.

Housing privatization

The housing privatization Web site is now available at: <https://holloman-web/msg/ces/Housing/privatization>. This is the most current information on housing privatization.

This information is currently only made available from the intranet with a wider release scheduled for August.

Mexico restrictions

A struggle between criminal organizations for control of the lucrative narcotics trade is fueling violent criminal activity along the U.S.-Mexico border, especially in the vicinity of Nuevo Laredo. Although the violence is aimed at members of the drug trafficking organizations, criminal justice officials, journalists, foreign visitors and residents, including Americans, have been among the victims of homicide and kidnappings in the border region. All potential Department of Defense travelers to the affected area should be briefed on the current situation to include current state department travel warnings. Commanders and personnel

should conduct a risk assessment prior to travel. Commanders are reminded that country clearance is required for active duty military personnel on leave travel to Mexico per DoD d 4500.54g, foreign clearance guide. Information on travel requirements is posted on the USNORTHCOM FP Web site under the heading "theater clearance" on siprnet at www.noradnorthcom.smil.mil/j3/j34 and on niprnet at www.noradnorthcom.mil/j3/j34.

Food tasting

The Asian Pacific Islanders Club has a food tasting fundraiser from 11 a.m. to 1 p.m., July 29 at the Chapel Annex. Cost is \$5 per plate. Menu: chicken adobo, steamed rice, noodles, eggrolls, butter mochi and kool aid.

For more information, call Tech. Sgt. Reny Nunag at 572-5576.

Middle two

There is a Middle Two meeting at 3 p.m., the third Tuesday of every month at the enlisted club.

Towel restrictions

Because of limited funding, towels will no longer be handed out at the Fitness and Sports Center. Towels will only be available for personnel on TDY.



Photo by Tech. Sgt. Ray Bowden

Buckle up!

Tech. Sgt. Kelley Hill, 49th Fighter Wing Ground Safety technician, does a seat belt check in front of the Base Exchange June 29. The safety office and the 49th Security Forces Squadron conducted inspections of all vehicles entering and exiting the BX parking lot in preparation for the Fourth of July weekend.



The 49th Security Forces Squadron handled the following incidents from June 28 to Monday.

Tickets

Security forces issued four tickets: one for parking adjacent to a building, one for no seat belt, one for use of a radar detector and one for improper backing.

Property loss, damage or theft

- June 28: A civilian reported his vehicle fell off an automatic lift while he was making repairs at building 231. Both the vehicle and the lift were damaged.

- July 1: An NCO reported a picture frame had been damaged at building 214.

Patrol response

- June 29: An Airman reported a minor hit-and-run accident at building 787 upon finding his vehicle had been hit while parked.

- June 29: An NCO re-

ported a minor hit-and-run accident at building 244 upon finding his motorcycle had been knocked over while parked.

- June 29: An Airman reported a minor vehicle accident involving two personally-owned vehicles on Mora Loop.

- June 30: An NCO reported a minor vehicle accident involving a government-owned vehicle and a personally owned vehicle at building 296.

- June 30: An Airman reported a loud noise complaint on Hidalgo Loop.

- July 3: An officer reported an assault at building 488 upon witnessing a verbal altercation and assault between another officer and his dependent.

- July 4: An Airman reported a possible breach of a no contact order at dormitory 337 involving another Airman. Upon investigation, the no contact order had not been violated.

Submission guidelines

Submissions to the *Sunburst* are due by close of business Friday one week prior to the expected publication date. For consideration, submissions may be e-mailed to 49fw.pa.sunburst@holloman.af.mil or brought to building 29, suite 2800.

Submissions to the *Sunburst* must include: event title, date, time, place, a brief description of the event, the first and last names and ranks and a phone number or e-mail address for contact information.

Meeting deadlines does not guarantee that information will run. All information must be edited before being published in the *Sunburst*, and submissions run on a priority, space-available basis.

Planes of the 90s and beyond

ACROSS

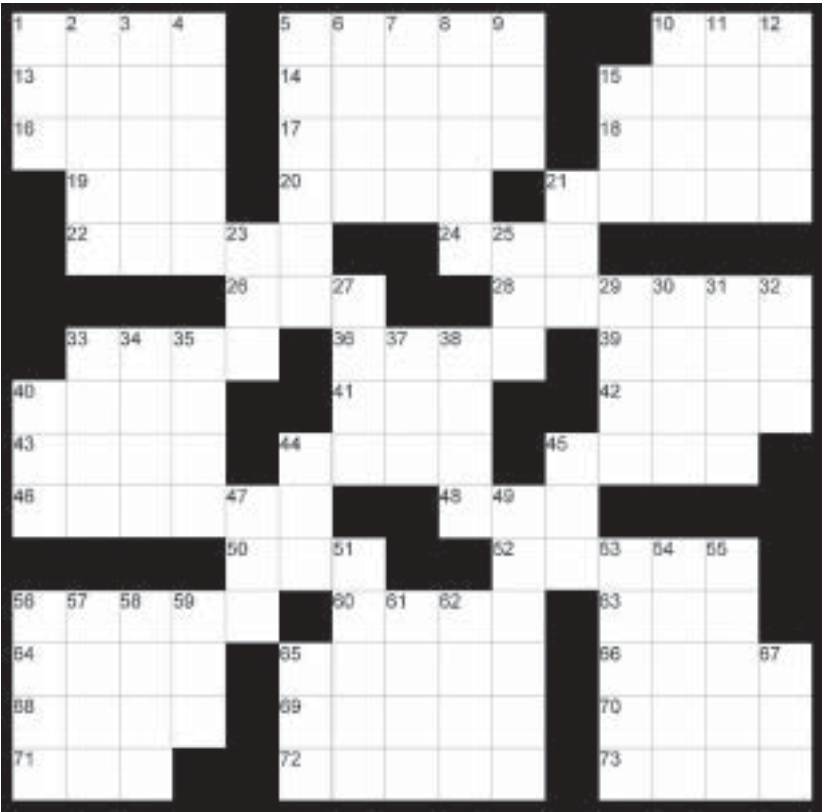
1. Slightly open
5. Native American people in Missouri/Kansas
10. Pacific continent, in short
13. Kimono
14. Musical instrument
15. Ancient Peruvian empire
16. Iranian currency
17. Snare drum
18. Immediately in the ER
19. Federal cryptology org.
20. Middle East inhabitant
21. Callow
22. T-6
24. Hurricane center
26. Former kingdom of Tunis ruler
28. F-22
33. Alaska town
36. Epochs
39. Lemon alternative
40. Gag
41. ____ Arbor
42. Oklahoma town
43. Mocks
44. This and ____

45. Free trade agreement, in short
46. Large boats
48. Flightless bird
50. Records, in short
52. Molecules
56. Agenda
60. Paves a road
63. Swab the deck
64. Cain’s brother
65. Range
66. Away from the wind
68. Christmas carol
69. Examination
70. RQ-4 Global ____
71. Barbie’s friend
72. Questioner
73. Rear

DOWN

1. Flight info.
2. E-8
3. Crush
4. Loosen
5. Gas pump number
6. Char
7. Actress Jessica

8. C-17
9. Runway ending, in brief
10. Against
11. Future combat system X-45
12. Fulfill
15. A rose ____ rose...
21. Teacher’s org.
23. Honest ____, Lincoln nickname
25. What wks. lead to
27. Cheer
29. Defendants’ response to charges
30. Hue
31. Forget
32. ____ Sea
33. California wine valley
34. Oil cartel
35. Lattice
37. Cell genetic info
38. Poker bet
40. T-1 ____hawk
44. Kitchen meas.
45. To destroy, as a fire
47. Give affection, in short



49. See 8 DOWN
51. See 2 DOWN
53. D-Day beach
54. Tooth
55. Erupts
56. Army vehicle
57. Musical instrument

58. Hammer part
59. Sick
61. Madly
62. Bumpkin
65. College student concern
67. ____! A mouse!
- Answers on page 15



Photo by 2nd Lt. Melissa J. Stevens

Holloman Hero

Staff Sgt. Michelle Jensen 4th Space Control Squadron

Duty title: Space Operations Support NCO in charge

Time in service: Nine years

Time at Holloman: Three years

Hometown: Mamou, Louisiana

Personal and Career goals:

My goals are to experience as much as the Air Force has to offer and to receive my degree in communications technology.

Why is serving in the Air Force important to you?

Serving in the Air Force is important to me because it has allowed me to represent my country in a time of need.

What motivates you to be a better Airman?

Those military members around me, who represent everything I would like to be, motivate me to be a better Airman. Also, the challenges that lie in being a good supervisor to individuals who may need someone to guide them.

What is the highlight of your Holloman tour?

The highlight of my tour was deploying with the 4th SPCS in 2003.

Core value portrayed:

“Michelle exemplifies ‘Service

Before Self’ in every aspect of her life. Always thinking of the needs of others before thinking of herself, she sometimes needs to be reminded to “go home” at a decent hour instead of working late again to help out someone else. What separates her from her peers is that not only will she go out of her way for you; she’ll do it with a smile on her face. That’s the kind of troop she is, and the kind of person that we should all strive to be.”

– Lt. Col. Fred Gaudlip
4th SPCS commander

The Holloman Hero submission form is available online. It can be downloaded at: https://wwwmil.holloman.af.mil/wing/49FW_PA/internal.html



Photo by Airman 1st Class Russell Scalf



Photo by Mr. Tom Fuller

▲ This young Holloman member gets a ride on a pony.



Photo by Tech. Sgt. James Hart, Jr.

◀ “The Great Paulissimo,” a magician, performs a balloon magic trick while his ‘assistant,’ 8-year-old Sophie Rymarowicz, looks on at the Independence Day Celebration July 1.

Three-year-old Madison Luderman proves she’s the top tiger of the jungle. ▶



Photo by Airman 1st Class Russell Scalf

Ten-year-old Brandon Jones gets set to chow down during the childrens’ watermelon eating contest at the Independence day celebration July 1 at the Fitness and Sports Center. The celebration ended with a large fireworks display.



Photo by Mr. Tom Fuller

(From left to right) Ms. Willie Luzano, 49th Services Squadron marketing manager, and Brig. Gen. Kurt Cichowski, 49th Fighter Wing commander, show Mrs. Stacie Hollenbaugh what she won, a 57-inch high definition television, at the Independence Day Celebration. Thirty-eight prizes were given away during the celebration, including the TV, an electric scooter and a stainless steel grill. ▶



Photo by Mr. Tom Fuller

Finance Office

Making sense out of dollars

Photos by Senior Airman Jason Colbert

by Ms. Laura Hunt
Sunburst staff writer

The 49th Comptroller Squadron Finance Office's mission is to provide complete financial support for 5,000 active duty servicemembers and Department of Defense civilians.

Part of that mission involves ensuring Team Holloman members – those on the front line and at their home station – don't have to worry about their finances.

"With our help, members

can focus on doing their job," said Senior Master Sgt. Scott Feigum, 49th CPTS Finance Office superintendent. "They don't have to worry about their pay issues and squadrons have the resources to accomplish their missions."

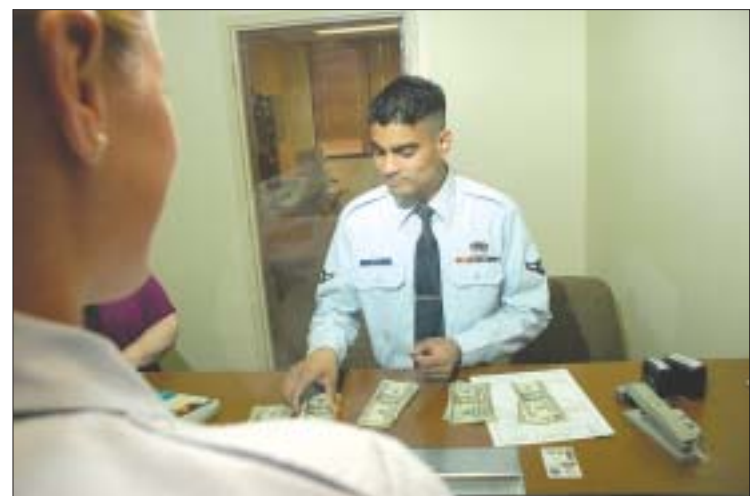
Typically, the more than 50 members of the finance office receive and process changes to pay accounts, process TDY and PCS travel vouchers and provide oversight of the wing's budget. However, one of the finance office's main concerns is its customers.

"The main challenges we deal with daily is when a customer has a pay problem," said Senior Airman Mindy Dahl, 49th CPTS Finance Office Customer Service and Quality Assurance technician. "We want the customers to walk out of here happy and know finance is trying to help them."

Because the finance office has to follow regulations and must go to a higher level to solve certain problems, corrections to pay can't always be made instantly, Airman Dahl said. Making customers happy involves assuring them the finance office cares about their problems.

"Usually, if you take the initiative and say 'here's my phone number, I'm going to handle it and I'm going to get this solved' they understand," Airman Dahl said. "If they get bad customer service, they're not going to be satisfied."

The finance office is divided into two flights: the Financial Services Flight and the Fi-



Airman Reyad Abdool counts money for Airman 1st Class Dallas Hale. The Financial Services Flight is responsible for handling military and civilian pay, PCS and TDY vouchers and all accounting.



Airman 1st Class Shaniece Clark assists Tech. Sgt. Troy Hess with his finance paperwork.



Senior Airman Louie Rocha trains Airman Jessica Rocha on how to properly setup Basic Allowance for Housing for a military member.

nancial Management and Analysis Flight, Sergeant Feigum said. The FMF flight handles civilian and military pay, PCS and TDY vouchers and all of the accounting. The FMA flight takes care of the wing budget and provides budgetary guidance.

To become qualified for either of these flights, finance office members must complete a 12 week technical school.

Though the training prepared her for the specifics of

the job, Airman Dahl said she learned more about customers and problem solving from on-the-job training.

"Every case is different and every person is different," she said. "We learn from each customer and I learn something new every day."

According to Airman Dahl, teamwork plays an important role in the success of the finance office, whether for problem solving or moral support.

"I don't think we could do

CAC

The Commander’s Access Channel, cable channel 3, offers up-to-date information about current security conditions, closures on base, hours of various programs on base and community information about what programs and events are available at Holloman and in the local area. The CAC also features the following videos today to Thursday:

- Welcome to Holloman: 6 a.m., 9 a.m., 12 p.m., 3 p.m., 6 p.m. and 9 p.m.
- Sudden Cardiac Arrest: A Treatable Public Health Crisis: 7 a.m., 10 a.m., 1 p.m., 4 p.m., 7 p.m. and 10 p.m.
- Man and Safety Tools, Shop/Flight Line Safety, 49th Civil Engineer Squadron Day: 8 a.m., 11 a.m., 2 p.m., 5 p.m., 8 p.m. and 11 p.m.

Legal closure

The base legal office will be closed from noon to 4:30 p.m., Tuesday for a retirement ceremony.

For emergencies, call the on-call JAG at 430-6401.

FSC

The FSC offers the following classes and events at the FSC, building 40:

- Bundles for Babies: 1 to 3 p.m., Monday.
- Sponsorship Training: 9 to 10:30 a.m., Wednesday.
- Families Apart: 6 to 8 p.m., Wednesday at the base pool.

For more information or to make reservations for an event, call the FSC at 572-7754 or visit www.mil.holloman.af.mil/sptg/mss/fsc.

Thrift Savings Plan

Servicemembers and other government employees no longer have to wait for twice-a-year “open seasons” in order to start, stop or change contributions to the Thrift Savings Plan, the federal government’s 401(k)-style deferred retirement account. Any change will be made effective no later than the first full pay period after it has been submitted.

Until now, servicemembers had to wait for “open seasons” – 60-day periods twice a year – to enroll or make changes in their TSP accounts.

Open seasons were ended by the

Thrift Savings Plan Open Elections Act of 2004, signed into law by President Bush in December.

Buglers needed

The Holloman Honor Guard is seeking trumpet musicians interested in volunteering for, or joining the honor guard to play Taps.

Musicians are needed for funerals, MIA/POW Table ceremonies and other local events where it is appropriate to render Taps.

The Holloman Honor Guard performs at military funerals throughout most of southern New Mexico and Texas. Holloman Honor Guard needs buglers for funerals held at other locations such as Alamogordo, Las Cruces and other local cities

The Holloman Honor Guard would like to hear your rendition of Taps. If you are interested in volunteering your talents or joining the honor guard as a cadre member and/or musician, call Tech. Sgt. Marty Haynes at 572-2077 or e-mail marty.haynes@holloman.af.mil.

Chapel Services

Weekday Masses – 11:30 a.m., Monday, Wednesday, Thursday and Friday.

Sunday – Catholic Mass, 9 a.m. and 5 p.m.

- Sacrament of Penance, 4 p.m.

- General Protestant Worship Service, 11 a.m.

- Protestant Sunday School is 9:30 a.m. and Catholic Religious Education is 10:30 a.m., Sunday at Holloman Intermediate School.

BOn the BIG SCREEN

The Longest Yard
(PG-13)

6 p.m., today

Kicking and Screaming
(PG)

3 p.m., Saturday

Crash (R)

6 p.m., Saturday and Sunday

Senate confirms Moseley as next CSAF

The Senate has confirmed Gen. T. Michael Moseley as the next chief of staff of the Air Force. He is the current Air Force vice chief of staff.

General Moseley met with members of the Senate Armed Services Committee June 29 during his confirmation hearing. Following the approval of the committee, his nomination was forwarded to the full Senate which approved the nomination just before adjourning for the Fourth of July holiday.

During the confirmation hearing, General Moseley said his priorities would be to further refine and improve joint warfighting skills, continue to strengthen the

Air Force’s greatest asset — its people — and to recapitalize the nation’s aging aircraft fleet to meet future warfighting needs.

General Moseley is a command pilot with more than 2,800 hours in the T-37 Tweet, T-38 Talon and F-15 Eagle. He is a graduate of Texas A&M University where he earned both a bachelor’s and a master’s degree in political science.

Besides holding numerous operational assignments over the course of his career, he commanded U.S. Central Command Air Forces and served as Combined Forces Air Component



Photo by Master Sgt. Jim Varhegyi

General T. Michael Moseley was confirmed by the Senate July 1 as the next chief of staff of the Air Force.

commander for operations Southern Watch, Enduring Freedom and Iraqi Freedom. (AFPN)

Crossword answers

A	J	A	R		O	S	A	G	E		A	U	S
R	O	B	E		C	E	L	L	O		I	N	C
R	I	A	L		T	A	B	O	R		S	T	A
	N	S	A		A	R	A	B		N	A	I	V
	T	E	X	A	N		E	Y	E				
					B	E	Y			R	A	P	T
	N	O	M	E		E	R	A	S		L	I	M
J	A	P	E			A	N	N			E	N	I
A	P	E	S		T	H	A	T		G	A	T	T
Y	A	C	H	T	S		E	M	U				
					L	P	S			A	T	O	M
T	O	P	I	C		T	A	R	S		M	O	P
A	B	E	L			G	A	M	U	T	A	L	E
N	O	E	L			P	R	O	B	E	H	A	W
K	E	N				A	S	K	E	R	A	R	S

Answers from page 8

Want to be less tense? Learn to manage your stress

by 1st Lt. Richard Takacs

49th BEAR Readiness Flight deputy commander

While you may be a professional and think you can manage the occasional frustrations of everyday life, even the most confident and capable person can become stressed out.

Being in a tense state has never solved anything and often makes the situation worse. We humans tend to lose our normal resiliency and view ordinary events as potential threats. We may become so distracted that we pose a danger to ourselves and those around us.

Much of what we feel as mental or emotional stress is actually tension in our bodies. Our jaws clench, our necks and shoulders knot and our stomachs churn. This is because our brain is sending the message through

our body, “Something is up. Get ready for trouble.” Even if things are not so bad, the body is prepared to fight or run for its survival.

Let’s try a little experiment with that clenched jaw. All together now: clench. Now loosen just a little – we’re not really clenching a lifeline in our teeth. The first thing we now find occurring is our breathing deepens somewhat. If we don’t allow the body to tighten back up, we may begin to relax. The intake of air is what’s really needed for survival, not a constant tense state of readiness to fight or flee.

While there are no miracle methods to make us relax, breathing is the key. The more we allow our breath to fill the spaces in the body as nature intended, the more relaxed we will be. Try slowing your breath and allowing your stomach and then your chest

to expand. This is a type of breathing children do naturally, but a type adults sometimes forget or ignore unless they’re athletes or opera singers.

Inhaling and exhaling properly are fundamental to calming the body down, but here are a few tips to help relieve stress and relax.

- **Get enough sleep and rest.** Sleep is a great cure for tension and refreshes the entire body. Make time for sleep. You won’t miss anything, and lack of sleep will make you accident prone and subject you to injury, in which case you might begin missing a lot.

- **Take time to play.** Schedule a “mental health break,” if only for an hour or two, once or twice a week. Take a stroll around the block, go to the park or go fishing. Do whatever activities you find are fun, preferably an activity that is not competitive.

- **Eat sensibly.** Forget about caffeine and junk food and remember fruits and vegetables. They make great snacks.

- **Don’t hide your emotions.** If your feelings have been hurt or you are angry, acknowledge it to yourself and let a friend or supervisor you trust know how you feel. Bad feelings that are not expressed do not automatically disappear – they fester and become difficult to manage.

- **Stop trying to be perfect.** Human beings are not machines and never will be. Doing your best should be more than enough for anyone. Lighten up on yourself.

- **Do something for others.** You will enjoy the way it makes you feel.

- **Stop arguing with life and begin agreeing with it.**

It’s amazing how much better you will feel.

BASIN BRIEFS

Bike night

The next Bike Night is 5 p.m., Saturday at J.R. Rockers.

Spencer Theater events

Rusty Wier: 8 p.m., Saturday. Tickets are \$20.

Aspen Santa Fe Ballet: 8 p.m., Sunday. Tickets are \$36 and \$39.

Jack Benny, Laughter in Bloom: 8 p.m., July 16.

Elk hunt raffle

The Boys and Girls Club of Bloomfield is selling tickets for the Fourth Annual Charity Elk Hunt Raffle.

Tickets are \$50 each and only 1,500 tickets will be sold. Tickets can be purchased online at www.bbgclub.org or in person/by mail at 701 S. 2nd St., Bloomfield, N.M., 87413. The drawing for the winning tickets will be held at 7 p.m., Aug. 20 at the San

Juan County Fairgrounds.

All donations are tax deductible and proceeds benefit youth development programs in Bloomfield and the surrounding area.

For more information, call (505) 632-0123 or (866) 633-0123.

GS employee survey

A Department of Defense survey of GS employees began Wednesday regarding the National Security Personnel System.

The implementation of the National Security Personnel System will include a shift in the way DoD organizations evaluate and compensate performance. As the system design continues to evolve, DoD is exploring how employee performance under NSPS may be assessed using several standard performance factors or competencies (i.e. teamwork, leadership, achieving results). In order to ensure these factors are appropriate,

DoD will conduct a survey of all GS employees about the relevance of these factors to their current jobs.

Employees will be able to access the survey Web site from now until July 20.

Maximum participation is encouraged regardless of NSPS implementation schedules. Survey response time is 15 to 20 minutes. The survey is voluntary and the information provided is confidential. Employees should be permitted to take the survey during duty hours, using government provided Internet access if possible. The survey covers all general schedule employees and demonstration project employees in general schedule-type occupations.

Federal Wage System employees are not being asked to participate in the survey and the survey does not cover Non-appropriated Fund employees.

For more information, call Ms. Elisa Sanchez at 572-0447.

Holloman Salutes

Congratulations to the students in the First Term Airman's Course who graduated Tuesday:

Airman 1st Class Benjamin Agent
Airman 1st Class Rusty Buentello
Airman 1st Class Jon Hammons
Airman Gabrella Gumataotao
Airman Jonathan Konieczki

Most Professional Airman Award recipient:
Airman 1st Class Rusty Buentello

Warrior Mindset is 24-7

Proper training ensures Airmen are fit to fight

by Capt. Denis Nolan
49th Medical Operations
Squadron

As long as we are at war with terrorism we must adapt not only the mindset of a warrior but also to the body of a warrior.

As officer in charge of Holloman's physical therapy clinic, my objective is to challenge all Holloman Airmen to take a critical look at their training, and to share valuable information that will keep Airmen from suffering training pitfalls.

Injury impedes mission accomplishment and thwarts attempts to ensure Air Force personnel are "fit to fight."

The Holloman clinic treats more than 95 percent of active duty personnel stationed here referred to physical therapy, and sees approximately 6,000 annually. Our "blue light" special is back pain, followed by shoulder, knee and ankle problems.

All injuries are associated with poor attention to the simple physics of motion and not having the strength to back up what the patient is asking the body to do. Many of these injuries could have been avoided by a more physically fit patient or one who exercised better training practices.

While military members tend to work hard, they must train to be able to handle the elevated work load. Want to prevent sports injuries? Avoid repetitive fatigue of the muscle group you are working. Remember, you must allow recovery time to allow for tissue repair. This may take one to two days depending on a variety of things: nutrition status, proper hydration, age, sleep habits and smoking status. Nicotine should be avoided as it reduces the flow of oxygen to the recovering tissue.

Rest is not defined as "doing nothing;" it means an easy workout. Airmen should walk, enjoy a light run or do cross-training activities at a lower intensity. This light exercise trains the aero-



Photo by Tech. Sgt. Ray Bowden

Capt. Denis Nolan demonstrates the proper form when lifting weights with a curling bar.

bic fibers more efficiently because the muscle fibers that do not require oxygen for metabolism are fatigued.

Injury occurs when the stress imposed on the musculoskeletal system overcomes the ability of the tissue to tolerate the stresses. Exercising infrequently and too intensely is a recipe for disaster.

Airmen who only have hard workouts, only train two to three days per week and work long hours will have difficulty with the fitness test because they will not have had time to recover fully from their strenuous workouts.

Common trends indicate most injuries occur due to training errors. The sore knees, backs and shoulders at the physical therapy clinic are owned by Airmen who are only in the fitness fight when their units say they have to be. They have failed to train consis-

tently with varying training loads to allow tissue recovery and progress. They have also failed to modify their training parameters in the following order: frequency, duration (reps/sets), intensity (speed/resistance). For optimum fitness results, Airmen should exercise 5-6 times per week.

Airmen should capitalize on the time their units give them to exercise and look at the context of a broader training regimen. Unit fitness days can be looked at as motivation days when the unit gathers to support a fit lifestyle, instead of just a way to meet the minimum requirements.

Health and stamina, whether in the cockpit or on the ground, is a crucial factor in an Airman's ability to complete the mission. What's your status? Are you training properly or setting yourself up for injury?



Photo by 2nd Lt. Melissas J. Stevens

Out at 2!
49th Civil Engineer Squadron team A second baseman Roberto Granados gets ready to make the tag on 49th CES team B player, Lukas Ellis, at second base during CE A’s 14 to 11 win against CE B Wednesday at Vandenberg Softball Field.

Softball Scoreboard			
Large unit		Large unit standings	
June 27		<u>Team</u>	<u>Win</u> <u>Loss</u>
Vandenburg softball field		49 CES A	7 3
49 MDG A 14, 49 LRS A 12		49 CES B	7 3
		49 MDG A	7 4
		49 MMG A	6 5
		49 LRS A	4 7
Johnson softball field		49 SFS	4 7
49 SFS 11, 49 CES A 9		49 MXS/AMMO	3 7
49 MMG A 13, 49 CES B 11		49 MXG	0 2
		(Current as of June 28)	
Small unit		Small unit standings	
July 5		<u>Team</u>	<u>Win</u> <u>Loss</u>
Vandenburg softball field		49 SVS	15 0
49 FW/MSS 26, 49 OSS 25		49 MXS/AVIONICS	13 2
49 MXS/AVIONICS 1, 9 FS 0		49 MMG B	9 5
49 MDG B 22, 49 CES C 7		49 OSS	9 6
49 MMG B 37, 49 CES C 13		49 CS	9 6
		46 TG	9 6
		49 FW/MSS	9 7
		4 SPCS	7 8
Johnson softball field		49MXS/MXMT	6 10
49 CS 23, 49 MXS/MXMT 18		49 MDG B	6 11
49 MXS/AVIONICS 19, 49 CS 17		9 FS	4 12
		49 CS B	3 11
		49 CES C	2 12
		Lady Nighthawks	0 5
		(Current as of July 6)	